

Dental



- ☐ Put your baby to bed without a bottle. Instead, give your baby a soft toy, blanket, or clean pacifier at nap or bedtime.
- ☐ Wipe your baby's teeth and gums gently with a child's soft toothbrush or clean wash cloth each day.
- ☐ Look at your baby's teeth each day. Call your dentist if you see white, brown, or black spots.
- ☐ Thumb and/or pacifier sucking is OK.
- ☐ Never tie pacifier around your baby's neck. Do not dip it in honey or anything sweet.
- ☐ Sugar water, soda, sweetened drinks or fruit juice in the bottle can cause tooth decay.
- ☐ Help your baby drink from a cup.
- ☐ Relieve teething pain by rubbing your baby's gums gently and/or offering a clean teething ring.
- ☐ Ask your doctor or dentist about fluoride for your baby's teeth.
- ☐ Store fluoride out of your baby's reach.

Nutrition

- ☐ Breastmilk is the best food for your baby.
- ☐ Feed your baby breastmilk or formula with iron.
- ☐ Use a small cup or a training cup for plain water or fruit juice.
- ☐ Give your baby infant cereals, strained or pureed vegetables, meats and fruits by spoon. Do not add salt or sugar. Give soft finger foods. Give 2-3 small meals a day. Let your baby decide how much to eat.
- ☐ Babies can choke on:

popcorn	peanuts
seeds	nuts
grapes	candy
peanut butter	raisins
raw vegetables	meat sticks
hot dogs	candy bars
- ☐ Honey or corn syrup can make your baby very sick.
- ☐ Do not give baby desserts.
- ☐ Test formula and food temperature.

7 - 9 Months

Growing Up Healthy



Name: _____

Height: _____ Weight: _____

Today's Date: _____

Next Appointment:

Date: _____ Time: _____

Keep emergency numbers handy:



Police, fire, ambulance: Call 911

Poison Control Number: 1-800-876-4766

- *Learn Infant CPR*
- *Put smoke alarms in hallways and every bedroom, check every 6 months.*
- *Have a carbon monoxide alarm.*



Health and Safety

- ❑ Put baby to sleep on the back, not the side or stomach. No pillows in bed.
- ❑ Use a crib with non-lead based paint; bars no more than 2-3/8 inches apart and no corner posts.
- ❑ Use a firm, flat mattress with no soft bedding.
- ❑ Keep crib away from windows, drapes, cords and blinds.
- ❑ Lower crib mattress when baby is learning to sit and stand.
- ❑ Remove crib toys.
- ❑ Put your baby in an infant car seat for every ride.
- ❑ Buckle infant car seat in the back seat.
- ❑ Never put your baby or children in the front seat if there is an airbag.
- ❑ Keep small objects, unsafe toys, plastic bags and balloons away from your baby.
- ❑ Do not leave your baby alone in the bathtub, or near any water, pool, toilet.
- ❑ Turn water heater to less than 120°.
- ❑ Keep baby away from hot things.

Parenting Tips

Your unique baby is starting to know you well. Talk to your baby so he or she will learn to talk.

What to Expect

- ❑ Your baby learns quickly when you teach by gently showing and not by punishing.
- ❑ Your baby may:
 - Put things into mouth
 - Move objects from hand to hand
 - Crawl
 - Turn when name is called
 - Eat small pieces of soft food
 - Sit alone without support

What You Can Do

- ❑ Give your baby home items to play with like pots, pans, plastic cups and plastic dishes.
- ❑ Help your baby's speech by naming pictures in books and baby's toys.
- ❑ Put your baby in a safe area on the floor to play.
- ❑ Let your baby crawl to have strong legs and arms.
- ❑ Let your baby play outdoors to see things like grass, flowers and birds.
- ❑ Play games like peek-a-boo with your baby.
- ❑ Put your baby to sleep at the same time each night. A story or favorite song can make bedtime fun.

If you find yourself about to hit, shake or harm your baby, call a "Hot Line" or a friend for help.

7 - 9 Months

Health and Safety

- ❑ Take your baby for regular health exams and vaccines (shots).
- ❑ Never shake, toss or swing your baby in the air in anger or even in a playful way.
- ❑ Do not use an infant walker, it may cause injuries.
- ❑ Use stair gates and window guards.
- ❑ Never leave your baby alone or with a stranger.
- ❑ Label and lock up pills, iron pills, medicines, and poisons.
- ❑ Keep your baby's skin, hair, body, clothes and bedding clean.
- ❑ Wash your hands with soap and water before and after changing diapers.
- ❑ Wash your baby's hands before and after each meal.
- ❑ Keep your baby away from loud noises.
 - Loud noises can damage your baby's hearing.
 - A noise is too loud if you have to raise your voice to talk to someone only 3 feet away.
- ❑ Keep your baby away from tobacco smoke. Stop all tobacco use.

